

## Abstract

A body sticking sheet allowing everybody to apply, to a body, a proper taping contracting muscle toward an affected area, comprising a portion (2) with small degree of shrinkage applied to the affected area and a portion (3) with large degree of shrinkage around the portion (2). The body sticking sheet (1) is used by sticking to the body in the state in which the portion (2) with small degree of shrinkage comes into contact with the affected area so that the portion (3) with large degree of shrinkage acts so that the muscle around the affected area shrinks toward the affected area. Thus, the body sticking sheet has effects on the assistance of muscular function and the promotion of blood flow.